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#### (54) MATERNITY EXERCISE GARMENT

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#### (57) ABSTRACT

A maternity exercise garment for pregnant women includes abdominal and breast support portions integrated with a cover portion. The abdominal support portion comprises a plushelastic band which is hidden and provides compression and support while still promoting comfort and freedom of movement. The abdominal support is positioned at the base of the abdomen to assist with lift of the abdomen of the pregnant women and to redistribute the extra weight.

